

Food Stamp Facts

The Food Stamp Program helps low-income people buy the food they need to meet their nutritional needs. Although it is a federal government program, it is run by local or state agencies. This factsheet explains who can get food stamps and how to apply for them.

Who Can Get Food Stamps?

To get food stamps, you and the other people in your household must meet certain conditions.

Everyone in your household must have or apply for a Social Security number and be a U.S. citizen or a legally permanent alien, or other qualified legal alien. Most able-bodied people between 18 and 60 must register for work. Many people may be required to take part in an employment and training program. Some college students may be eligible.

Generally, your household can't have more than \$2,000 in resources. But, if your household includes a person 60 or older, the limit is \$3,000. Resources include cash, bank accounts, and other property.

Not all resources count. For example, your home and the lot it's on don't count. A car or truck counts differently, depending on how it's used. The resources of a person who is receiving Supplemental Security Income (SSI) are not counted for food stamp purposes.

Most households must also meet an income limit after certain deductions have been subtracted. Your household may qualify for extra deductions if there is a person 60 or older or disabled. The income limits vary by household size and may change each year.

How Can You Apply For Food Stamps?

Food stamp applications are available at any Social Security office. If you and everyone in your household are applying for or are getting SSI payments, any Social Security office will help you fill out the food stamp application and will send it to the food stamp office.

All others must take or send the food stamp application to the local food stamp office. Or, they can take it to any Social Security office if a food stamp worker is there.

When you apply, you also should have:

- Some identification that shows your name and address;
- Proof of earnings or other income, such as Social Security or SSI benefits, or a pension, for each member of your household;
- Proof of how much you spend for child care;
- Rent receipts or proof of your mortgage payment;
- Records of your utility costs;
- Medical bills for those members of your household 60 or over and for those getting Social Security or SSI benefits because they are disabled.

For More Information

For more information about the Food Stamp Program, contact your Social Security representative or your local food stamp office.



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Food Stamps

Help, Information, and Applications
Available at the Social Security Office

Getting or applying
only for
Social Security?

**YOU CAN GET A
FOOD STAMP
APPLICATION
AND INFORMATION
AT THE SOCIAL
SECURITY OFFICE.**

We cannot take Food
Stamp applications
from people getting or
applying **only** for
Social Security.

Getting or applying
for Supplemental
Security Income (SSI)?

**YOU CAN APPLY FOR
FOOD STAMPS AT THE
SOCIAL SECURITY OFFICE
IF YOU AND EVERYONE IN
YOUR HOUSEHOLD GET
OR APPLY FOR SSI.**

We will help you
fill out the Food Stamp
application. You
do not have to go to
the Food Stamp office
to apply.

Signature